

October 2016 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
				1300-1430 Labor & Delivery Tour		0900-1300 Childbirth Prep class with Tour
2	3	4	5	6	7	8
		1100-1230 NMCRS Budget for Baby	1230-1430 Breastfeeding Basics	1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour		
9	10	11	12	13	14	15
	Columbus Day		1230-1430 Breastfeeding Basics	1300-1430 Labor & Delivery Tour 1400-1500 Pregnancy and Postpartum Support Group		
16	17	18	19	20	21	22
			1230-1430 Working and Breastfeeding	1100-1230 NMCRS Budget for Baby 1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour		
23	24	25	26	27	28	29
			1230-1430 Breastfeeding Basics	1400-1500 Pregnancy and Postpartum Support Group		
30	31	1	2	3	4	5
		To Schedule Education Classes call: 1-866-MIL-HLTH (1-866-645-4584) or NMCP OB-GYN at 953-4300 .	*Childbirth Prep classes are held in the OB-GYN/ Magann Conference Room in front of OB-GYN clinic, Bldg. 2, 4 th Floor.	*Breastfeeding classes are held in Bldg 2, 4 th floor 4KL Dayroom in the Postpartum Inpatient Ward.	*Pregnancy and Postpartum Support group meets in Social Work Conference Room, Bldg 3, 4 th Floor. Call 953-5861 to schedule	*Navy Marine Corps Relief Society offers Budget for Baby twice monthly at NMCP, Call 757-953-5956 to schedule.